

| Wellness Policy Requirement   | Key Breakfast Questions  | Recommended Policies  |
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| <p>Goals for nutrition promotion and education, physical activity, and other school-based activities that can promote student wellness.</p> | <ol style="list-style-type: none"> <li>1. Does every school in the district offer the School Breakfast Program?</li> <li>2. Has your district taken steps to maximize participation?</li> <li>3. Is the promotion of school breakfast and lunch integrated into the curriculum across core subjects, as well as elective subjects?</li> <li>4. Does your school environment (classroom, cafeteria, vending machines, school store, snack bars, breakfast carts, fundraising, etc.) encourage healthy nutrition choices?</li> </ol> | <p>Adopt the School Breakfast Program in all schools under your jurisdiction.</p> <p>Fully utilize Direct Certification in the district. Implement Provision 2 in high-need schools.</p> <p>Implement student-friendly breakfast options that will do the most for increasing participation, like Grab 'n' Go or Breakfast in the Classroom.</p> <p>Include nutrition education and promotion in the scope and sequence of the curriculum in core subjects, as well as in elective subjects, such that excitement is raised for school meals programs. Check out <a href="#">Team Nutrition's Resource Library for nutrition education curricula and resources</a>, and refer to <b>Promoting School Breakfast With Team Nutrition</b>.</p> <p>Display nutrition promotion materials and messaging throughout the school campus, and include school meals information to materials sent home to parents. Use <a href="#">Team Nutrition's</a> posters, parent handouts, and resources. Check out the breakfast promotion ideas and resources available on the <a href="#">Healthy Meals Resource System's Resource Library</a>.</p> |
| <p>Nutrition guidelines for all foods available on the school campus.</p>   | <ol style="list-style-type: none"> <li>5. Can you increase the availability of healthy choices and encourage students to eat a well-balanced meal?</li> <li>6. Does your school foodservice need more ideas for delicious, kid-approved recipes? Do the menu items need to be renamed to encourage students to select them?</li> </ol>   | <p>Eliminate the sale of all competitive foods during breakfast or ensure that all competitive food sales comply with the <a href="#">Smart Snacks in School</a> requirements set by USDA.</p> <p>Refer to the <a href="#">HealthierUS School Challenge criteria</a> for ideas to improve your school environment with nutritious foods, physical activity, and nutrition education.</p> <p>Refer to <a href="#">Team Nutrition's Recipe for Healthy Kids Cookbook</a> for some creative and tasty recipes developed by teams of school nutrition professionals, chefs, students, parents, and other community members.</p> <p>Ensure that your food service areas employ strategies that promote the selection and consumption of healthy foods by students. Consider using resources published by the <a href="#">Smarter Lunchrooms Movement</a>.</p>  |

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| <p>Assurances that the guidelines for food served as part of school lunch or breakfast are not less restrictive than Federal law.</p>  | <p>7. Does your school district have additional priorities to meet the USDA nutrition standards for school meals and snacks sold during the school day?<br/>For reference, check out the <a href="#">USDA Dietary Guidelines Fact Sheets</a>.</p> <ul style="list-style-type: none"> <li>• Are these priorities for your community?</li> <li>• How can parents and students find out about the nutrition of the meals being served?</li> </ul> | <p>Make sure that your breakfast program offers only low-fat (1%) (unflavored) or skim milk (flavored or unflavored), only <a href="#">whole grain-rich grain items</a>, and fresh fruit with every breakfast. See the <a href="#">HealthierUS School Challenge criteria</a> for other ideas.</p> <p>Provide parents and students with nutrition information on school breakfast and lunch menus. Jazz up the school menus and encourage healthy choices with <a href="#">graphics from Team Nutrition</a>.</p> <p>Post nutrition information prominently for a la carte and snack items.</p>  |
| <p>Parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and the community are permitted to be involved in developing, implementing, reviewing, and updating the policy.</p>   | <p>8. How can we make sure the diversity of our school community is represented in the policymaking process?</p> <p>9. In addition to helping to write the wellness policy, how can parents and students stay involved in improving breakfast nutrition?</p>   | <p>Conduct meetings at convenient times and locations for parents and provide translation services, as needed.</p> <p>Develop an ongoing structure for parents and students to offer feedback on the breakfast program, such as taste- tests and community surveys. Refer to resources available though the <a href="#">Healthy Meals Resource System</a>.</p>   |
| <p>A plan to measure the implementation of the policy, including identifying at least one person to be responsible for making sure the wellness policy is implemented.</p> <p>A mechanism for providing information and updates to the public (including parents, students, and others in the community) about the content and implementation of the local school wellness policy.</p> | <p>10. How will parents, students, and the school community track progress in improving school breakfast?</p>  | <p>Report on school breakfast and other nutrition issues during at least one school board meeting and one parent-teacher association/organization meeting each year.</p> <p>–</p> <p>Are school meal program menus posted on the school or district Web site or sent home to families?</p> <p>Is the local school wellness policy and assessment also posted on the school/district Web site, or someplace the general public can easil access?</p> <p>What key indicators will you use to measure progress? Consider using the <b>Evaluating Successful Breakfast Outcomes</b> worksheet.</p> |